

**PRIMARY TEACHERS MOCK EXAMINATION
HOME SCIENCE MARKING SCHEME**

SECTION A (60 MARKS)

1. Define the following terms as used in foods and nutrition

- a) **Meal** – A list of dishes
- b) **Nutrients** – Chemical substances that are necessary for human life.

(2 x 1 = 2 marks)

2. Functions of fats and oils in the diet

- Provides energy
- Insulating the body and other vital organs
- Used up during starvation
- Carrier of fat soluble vitamins

(Any 3 x 1 = 3 marks)

3. Dry methods of cooking

- Baking
- Roasting
- Grilling

(Any 2 x 1 = 2 marks)

4. Factors to consider when setting a table

- Number of people.
- Number of courses/ type of meal/ type of service
- Cutlery and crockery required
- The occasion

(Any 3 x 1 = 3 marks)

5. Dangers of obesity

- Coronary heart disease.
- Complications during delivery
- Early death
- High blood pressure
- Kidney disorders
- Varicose veins

(Any 3 x 1 = 3 marks)

6. Suitable methods of cooking for the sick at home

- Boiling
- Poaching
- Steaming
- Stewing

(Any 3 x 1 = 3 marks)

7. Preventive measures for cuts and bruises at home.

- Keep knives out of the children's reach.
- Wash knives and sharp objects separately.
- Dispose empty tins and broken bottles appropriately
- Keep the compound clean of bones, thorns and sharp sticks.

(Any 3 x 1 = 3 marks)

8. Relevant habits that children may be trained in at home.

- Sleep and rest
- Toilet training
- Play and exercise
- Hygiene
- Good eating habits / Table manners
- Respect.

(Any 6 x 1 = 6 marks)

9. Childhood diseases and ailments

- Diarrhea and vomiting
- Colds and coughs
- Fever

(Any 3 x 1 = 3 marks)

10. Effects of Female Genital Mutilation (FGM) on delivery

- Over bleeding
- Death
- Difficult delivery
- Painful delivery
- Unrepairable tears.
- Cerebral palsy in the baby
- Fistula/ Inability to control bowels

(Any 3 x 1 = 3 marks)

11. Advantages of colostrum to the baby

- Rich in antibodies
- Easy to digest

(Any 2 x 1 = 2 marks)

12. Reasons why a mother may fail to breastfeed her baby

- Working away from home
- Sickness
- Multiple births
- Successive births

(Any 3 x 1 = 3 marks)

13. Properties of a baby's layette

- | | |
|----------------------|--------------------|
| - Fast coloured | - Large enough |
| - Warm and soft | - Simple style |
| - Strong and durable | - Light in weight |
| - Loosely fitting | - Cheerful colours |

(Any 3 x 1 = 3 marks)

14. Reasons for placing the sink below the kitchen window

- Good lightening
- Allow steam to escape through the window
- Allows fresh air to enter the kitchen

(Any 2 x 1 = 2 marks)

15. Uses of the following in laundry work

- i) Lemon – Brightening colour
- ii) Sodium chloride – Loosen mucus / fix colour / remove blood and ink stains / kills germs
- iii) Laundry starch – Stiffening / glossy

(Any 3 x 1 = 3 marks)

16. Rules to observe in stain removal

- Remove while still fresh
- Start from the outside towards the inside
- Use milder methods if stain is unknown
- Rinse thoroughly to remove traces of reagents
- Use suitable stain remover for specific stains

(Any 4 x 1/2 = 2 marks)

17. Differences between the laundry of white and fast coloured cottons

Coloured	Whites
- Do not soak	- Can be soaked
- Do not bleach	- Can be bleached
- Dry under a shade	- Dry out in the sun
- Do not blue	- Can be blued
- Dry wrong side out	- Dry with right side out
- Pressed	- Ironed

(Any 4 x ½ = 2 marks)

18. Properties of wool that makes it unsuitable for underwear

- Heavy in weight
- May loose shape
- Weakened by strong acids
- May irritate the skin
- Shrinks / felts
- Takes too long to dry
- Weak when wet

(Any 4 x ½ = 2 marks)

19. Undesirable characteristics of clothes that form static electricity

- Get dirty quickly
- Cling to the body
- Not absorbent

(Any 2 x 1 = 2 marks)

20. Large sewing equipments

- Sewing machine
- Iron
- Ironing board/ ironing table
- Long mirror
- Wardrobes/ drawers

(Any 4 x ½ = 2 marks)

21. Factors that influence choice of a method of controlling fullness.

- The effect desired
- Type of fabric
- Type of garment
- Part of the garment
- Style of the garment

(Any 3 x 1 = 3 marks)

22. Points to consider when attaching fastenings on a garment.

- Firmly fixed
- Correctly positioned
- Fixed on double fabric
- Neatly finished
- Correctly fixed
- Appropriate colour

(Any 3 x 1 = 3 marks)

23. Reasons for using facings in garment construction

- Decoration
- Reinforcing raw edges
- Durability
- Improving shape
- Give body to the garment

(Any 3 x 1 = 3 marks)

SECTION B: METHODOLOGY (40 MARKS)

24. You are planning to teach a theory lesson on weaning.

a) Points to emphasize on during the lesson.

- Introduce new food gradually
- Start with small portion and increase after observing the baby's reaction
- Do not force once a baby dislikes some foods.
- Start with soft foods and make it less soft as the child grows.
- Prepare food in a hygienic environment
- Sterilize feeding items by boiling.

(Any 4 x 1 = 4 marks)

b) Activities that the learners will be involved in during the lesson

- Asking questions
- Answering questions
- Discussing
- Naming weaning foods
- Observing – T Aids
- Preparing weaning foods

(Any 4 x 1 = 4 marks)

c) Appropriate methods of assessing this lesson

- Oral questions
- Giving written exercise
- Observation

(Any 4 x 1 = 4 marks)

d) Suitable foods for weaning the baby that the teacher mentioned.

- Porridge – (sorghum, maize meal, millet)
- Soups
- Mashed fruits
- Lightly cooked eggs/ poached, boiled
- Vegetables – e.g spinach

(Any 4 x 1 = 4 marks)

e) Methods of concluding this lesson

- Oral questions – summary
- Giving a project

(Any 2 x 1 = 2 marks)

25. **You are planning to teach a practical lesson on laundering white cotton clothes for a person suffering from an infectious disease.**

a) **State the knowledge and skill objectives for this lesson**

i) **Knowledge**

Should be able to

- Name materials and equipments
- Explain the procedure / process

ii) **Skill**

Should be able to

- Lander white cotton clothes – correctly

(Any 2 x 1 = 2 marks)

b) **Correct laundry process that learners will use to launder the clothes.**

- Soak in cold water with disinfectants
- Boiling
- Washing – friction method
- Drying – under sun
- Finishing – ironing – hot iron
- Repairing
- Storage

(Any 8 x ½ = 4 marks)

c) **Teaching/ learning resources for this lesson.**

- Water

- White cotton clothes
- Basin / buckets
- Detergent
- Disinfectant
- Iron + ironing surfaces
- Pegs & cloths line

(Any 6 x 1/2 = 3 marks)

d) Safety precautions to be observed by the learners during the lesson.

- Use of protective clothing e.g gloves
- Being cautious when using hot water
- Being cautious when using iron / electricity
- Avoid washing the clothes with other family wash.

(Any 4 x 1 = 4 marks)

26. You are planning to teach a practical lesson on care of the compound.

a) Ways of introducing the lesson

- Displaying of cleaning equipment and asking oral questions
- Use of oral questions related to the topic

(Any 2 x 1 = 2 marks)

b) Sub topics that the teacher discussed during the lesson.

- Reasons for caring for the compound
- Ways of caring for the compound

(Any 2 x 1 = 2 marks)

c) Reasons for choosing the practical method to teach this lesson

- It is learner centred
- Information learnt is highly retained
- It is motivating
- Learners learn from each other
- Learners acquire scientific skills and attitudes

(Any 3 x 1 = 3 marks)

d) Areas the teacher would assess

- Cleanliness of the compound
- Collection of waste
- Proper disposal of waste
- Cleaning of equipment

(Any 3 x 1 = 3 marks)